



22. Weinberg-OL
Wörrstadt / 25.06.2017

Detailed evaluation

Kammholz, Almut

Club: Kölner OL-Team

Total time: 52:54

Running performance: 10:34 min/km

Course: 5.00 km / 13 Controls

Category:
Damen 45-

Rank in category: 3(of 9)

Best time in the category: 45:56

Behind: 6:58

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (105)	3:15	3	0:35	21.9	3:15	3	0:35	21.9
2 (133)	5:27	3	0:57	21.1	8:42	3	1:32	21.4
3 (130)	3:26	3	0:59	40.1	12:08	3	2:21	24.0
4 (119)	3:51	2	0:40	20.9	15:59	3	2:49	21.4
5 (120)	4:20	3	0:39	17.7	20:19	3	3:28	20.6
6 (126)	4:08	2	1:12	40.9	24:27	3	3:26	16.3
7 (122)	2:08	2	0:10	8.5	26:35	3	3:36	15.7
8 (131)	6:21	8	3:59	168.3	32:56	3	6:27	24.4
9 (123)	4:07	3	0:47	23.5	37:03	3	6:47	22.4
10 (132)	2:36	3	0:13	9.1	39:39	3	7:00	21.4
11 (116)	4:00	1	-	-	43:39	3	5:23	14.1
12 (114)	6:54	3	1:13	21.4	50:33	3	6:36	15.0
13 (100)	1:49	3	0:21	23.9	52:22	3	6:57	15.3
Finish	0:32	3	0:02	6.7	52:54	3	6:58	15.2